



Get Active! Exercise 60 minutes almost every day to:

- keep a healthy weight
- lower your chances of getting certain diseases like diabetes
- feel great

Choose both moderate and vigorous activities, such as:

Moderate

- swimming
- walking
- dancing

Vigorous

- jogging
- basketball
- biking

Visit www.girlshealth.gov for more information on fitness, safety, healthy relationships, bullying, nutrition, and much more.

**Track your weekly activities here
...and enjoy yourself on the move!**



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday
